

5 MENTAL HEALTH TIPS AT WORK

Optimize Your Energy Levels

Our energy levels impact our emotional state and ability to manage stress. There are 3 layers: physical, emotional, and mental. Here are a few tips to optimize each layer.

1



Block Your Time

By scheduling specific times for each task on your to-do list, you can minimize distractions, stay focused, and accomplish more in less time. To block your time, make sure you plan for it and make them stick.

2

Be An Advocate For Wellbeing

You have the ability to set the tone for how mental health is perceived and prioritized in the workplace. To show advocacy, welcome conversations to talk about wellbeing and build wellbeing into your team's day-to-day.

3



Top Up Other People's Emotional Bank Accounts

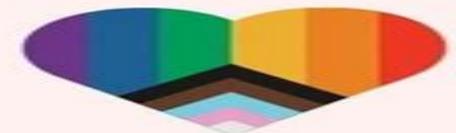
To have a healthy relationship, we need to be regularly making "deposits" into their accounts like praising them for good work or being empathetic.

4

Create an Inclusive Environment

When employees face discrimination, it can lead to depression, disengagement and more. To help everyone feel included, address 'bad' behaviors, give air time to everyone, and model vulnerability.

5



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